

Asthma

Asthma is a chronic inflammatory disease that interferes with the breathing ability by preventing air from flowing freely into and out of the lungs. The air passages or bronchial tubes in the lungs develop mucus, which causes inflammation or swelling. Asthma can cause breathing and/or swallowing difficulties.

Symptoms

- Wheezing
- Coughing
- Chest tightness
- Shortness of breath

Dietary Recommendations

- Eat an abundance of fruit and vegetables.
- Eat 3-4 serving of dairy per day especially 2 servings from milk
- Eat whole wheat bread instead of white bread
- Eat a variety of fish and fish products